

## Times Features

## Third annual Senior Health Fair and Walk on Saturday, May 21

By Councilmember Rose Herrera  
*Special to the Times*

If you are a senior ready to get active, have fun, and join more than 300 people, please join me as I host the third annual District 8 Senior Health Fair and Walk on Saturday, May 21 at the Eastridge Mall.

Staying active as you age is essential to staying healthy and living longer. We will connect seniors to more than 50 community resources and introduce new exercises like Zumba Gold, Yoga, and Tai Chi.

Exercise, a healthy life-style, proper nutrition, and regular health screenings are all important components to physical wellness. Since I first took office in 2008, I had the idea of an event that could combine fitness and beneficial resources for seniors. The Senior Health Fair and Walk does just that and it is my pleasure to host this annual event and celebrate our senior community along with co-sponsors Eastridge Mall, Breathe California of the Bay Area, Regional Medical Center of San Jose, Fresco World Market, PG&E, *El Observador*, and *The Epoch Times*.

The event begins at 8:30 a.m., with a free healthy breakfast, followed by a kick off celebration with special guest speaker Patty Purpur. I will have the pleasure of introducing Ms. Purpur, a U.S. Track and Field Masters Champion, Olympic Weightlifting Champion and fitness expert, who is currently the director of the Stanford Health Improvement Program. Ms. Purpur was also instrumental in designing the original fitness centers and wellness programs for Google, Cisco, Safeway, and

Yahoo!

San Jose Giants Mascot "Gigante" will lend a hand to start the walk around Eastridge. Generations Community Wellness Center will have expert fitness instructors along the route so participants can properly stretch as they walk. Over 50 organizations will be on-site to assist participants with specific needs and provide helpful information about health and services available to seniors in San Jose. There will also be lots of raffle prizes and product giveaways to keep things fun.

This event provides an opportunity for area seniors and family members to speak with various local resources in one convenient location. Representatives from organizations including Breathe California of the Bay Area, Regional Medical Center of San Jose, Kaiser, Walgreens, Senior Helpers, Catholic Charities, Council on Aging Silicon Valley, Outreach, the Health Trust's Healthy Steps in Silicon Valley and many more will have information booths to educate seniors. Free screenings will also be offered and health-related material will be shared, such as free pedometers and meeting pet therapy animals.

The City of San Jose's Housing Department Rehabilitation, Foreclosure Help, and Landlord/Tenant Rights programs will also be available to talk to seniors and their families to assist with these pressing issues.



### District 8 Report

By Rose Herrera  
City Councilmember

Quality housing is part of healthy living, and we're pleased that the Housing Department is joining us at this event. Also participating in the resource fair will be the City of San Jose's Parks, Recreation and Neighborhood Services senior programs so residents can speak to city staff about exercise activities offered at their local community centers.

Eastridge has been kind enough to open their doors for us and our community is extremely lucky to have such a great shopping destination right in the heart of District 8. So, please pass this information along to your family, friends, and seniors in your neighborhood, and remind them to save the date, May 21 at 8:30 a.m.

The event will take place at Eastridge Mall, by Entrance C (near Barnes & Noble and Bed, Bath, and Beyond). Registration is not required, but pre-registration is encouraged by calling the District 8 office. All seniors of District 8 are welcome as well as those who love and care for them.

**SATURDAY, MAY 21, 8:30 - 11:30 a.m. Eastridge Mall**

For more information about the walk and fair or to register in advance, please contact Dominique Reynaga in my office at dominique.reynaga@sanjoseca.gov or (408) 535.4908. I look forward to seeing you there!

**Signup for the District 8 newsletter at [www.sanjoseca.gov/district8](http://www.sanjoseca.gov/district8).**

### Friends of Mounted Unit hosts a Swim-A-Thon May 1

Mark your calendars for May 1 when the Friends of the San Jose Mounted Unit will host a Swim-A-Thon at the Courtside Club, 14675 Winchester Blvd., Los Gatos from 9:30 – 11:30 a.m.

With more than \$70,000 raised for the needed \$300,000 to save the mounted unit by the Sept. 1 deadline, the Friends of the Mounted Unit are on their way. Join in the fun by pledging to swim one or more laps or gather a team of your own swimmers. Can't come? Make a donation to Friends of the San Jose Mounted Unit, P.O. Box 7433, San Jose, CA. 95150. All donations are tax deductible.

For more information visit [www.sjmu.org](http://www.sjmu.org) or call (408) 490-2896.

### Measure T Senior Exemption deadline

If you are the owner of a parcel within the Evergreen School District (ESD) boundaries and that parcel is your principal residence, and you are or will be at least 65-years-old as of June 30, 2012, you are eligible for an exemption from

the district's \$90 per year parcel tax.

If you wish to be exempt from the parcel tax, you need to file a Request for Exemption with the Evergreen School District. This request must be filed in person by May 31, 2011. This form is available in person from the District Office at 3188 Quimby Road and on the district website at [www.eesd.org](http://www.eesd.org).

A senior citizen who is housebound or is unable to print a form from the website may call the school district at (408) 223-4860 and ask to speak with Pearl or Janet.

### Untamed

Evergreen Valley High School Furanimals Club is presenting their first Untamed-Where the Wild Things Are eco friendly fashion show on May 14.

Furanimals is a new club at the school and profits will be donated to Japan Earthquake Animal Rescue and Support. Besides the fashion show, there will be a raffle. Presale tickets are \$5 and \$7 at the door. Untamed will be held Saturday, May 14 from 7 p.m. to 10 p.m. at Cougar Hall, Evergreen Valley High School, 3300 Quimby Road.

For more information contact Vivian Dang at (408) 390-2352- Vivian Dang or Rehan Saber at (510) 648-6756.

### Free Community Concert *Steinway Society the Bay Area*

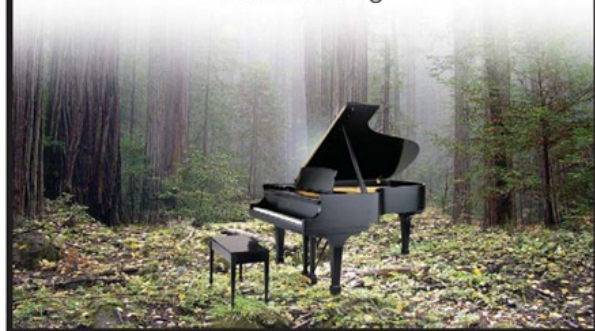
## Young Artists Concert

**May 1, 2011  
Sunday, 2:30 PM**

FREE General Seating

Le Petit Trianon Theatre  
72 N. 5th Street  
San Jose, California 95112  
408.295.6500

FREE Parking



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